## **CLAIMS:**

- 1. A method for diagnosing or detecting a predisposition to cardiac hypertrophy comprising assaying a sample of human bodily fluid *in vitro* for the level of cardiotrophin-1 (CT-1) contained therein.
- 2. A method according to claim 1 in which diagnosis or detection of a predisposition to cardiac hypertrophy is determined by comparison of basal CT-1 levels from a human bodily fluid sample from a subject unaffected by cardiac hypertrophy and the level of CT-1 in a human bodily fluid sample of a subject under test.
- 3. A method according to claim 1 in which diagnosis or detection of a predisposition to cardiac hypertrophy is determined by comparison of basal CT-1 levels from a human bodily fluid sample previously taken from a subject under test and the level of CT-1 in a human bodily fluid sample of same subject under test.
- 4. A method according to claim 1 or 2 in which elevated CT-1 levels are indicative of the initiation or onset of cardiac hypertrophy.
- 5. A method according to claim 3 in which elevated CT-1 levels are indicative of developing cardiac hypertrophy.
- 6. A method according to any preceding claim in which the human bodily fluid sample comprises whole blood, plasma, serum, urine, tears, sputum, saliva or synovial fluid.
- 7. A method according to any preceding claim in which the *in vitro* assay is arranged to detect CT-1 protein or fragments thereof.

- 8. A method according to claim 7 in which the *in vitro* assay comprises radio immuno assay or enzyme-linked immunosorbant assay.
- 9. A method according to any one of claims 1 to 5 in which the *in vitro* assay is arranged to detect CT-1 nucleic acid or fragments thereof.
- 10. A method according to claim 9 in which the *in vitro* assay comprises hybridisation, sequencing or amplification techniques.
- 11. A method according to any preceding claim further comprising an *in vitro* assay for an additional marker.
- 12. A method according to claim 11 in which the additional marker is selected from ANF, oncostatin M, ciliary neurotrophic factor and leukaemia inhibiting factor.
- 13. A kit for diagnosing or detecting a predisposition to cardiac hypertrophy comprising vessels and reagents suitable for assaying CT-1 levels in a human bodily fluid sample.
- 14. Use of a method according to claim 1 to determine human subjects who should be treated for hypertension.
- Use of the method according to claim 3 to determine the efficacy of treatment for hypertension.
- 16. A method for diagnosing or detecting a predisposition to cardiac hypertrophy substantially as hereinbefore described.